



## Rachel Carson National Wildlife Refuge

321 Port Road  
Wells, ME 04090  
(207)646-9226  
[http://www.fws.gov/refuge/rachel\\_carson/](http://www.fws.gov/refuge/rachel_carson/)

### MOUNT AGAMENTICUS

*Big A Road, Cape Neddick, ME*

The Mount Agamenticus Conservation Region offers a variety of trails of varied distances and difficulties within 10,000 acres of conservation land in southern Maine. Their trails are open year round for recreational activities including hiking, biking, and snowshoeing. For more information contact: (207) 361-1102 or visit <http://www.agamenticus.org>

**Directions:** I-95 to exit 7 (York), turn left onto Rt. 1 North, travel 3.5 miles and turn left onto Mountain rd. Go approximately 4 miles to a stop sign. Turn right. Travel 2.5 miles, the gravel parking lot for the trails is on the right. Trail maps are available at the trail head.

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# Trail Systems of Southern, Coastal Maine



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### CUTTS ISLAND TRAIL:

*(1.8 miles) Seapoint Road, Kittery, ME*

The Cutts Island trail offers 1.8 miles of scenic upland hiking and salt marsh views. There is a restroom at the trail head (no running water). Dogs are not allowed on this trail and it is for foot traffic only. This is also a launch site for canoes/kayaks.

**Directions:** Take I-95 to Exit 7 (York/Ogunquit) towards US-1. At the stop light, turn right onto US-1 south (0.3 miles). Then turn left onto Route 1A/York Street (~1.5 miles). Turn right onto Route 103/Brave Boat Harbor Road/Lilac Lane (same road, three names). After 4.3 miles turn left onto Cutts Island Road (~4.1 miles, if you pass the red school house on your left, you've gone too far). At the end of the road, turn left onto Seapoint Road. Parking is just over the Chauncy Creek Bridge on the left.

### TIMBER POINT TRAIL:

*(1.5 miles)*

*Granite Point Road, Biddeford, ME*

The Timber Point trail is the newest addition to the Rachel Carson NWR trails. It is located at the end of Granite Point Road in Biddeford, Maine. This trail offers a scenic walk past a fresh water wetland, coastal shrubland and provides beautiful salt marsh, river and ocean views. A universally accessible trail ends at an observation platform overlooking the mouth of the Little River. At the end of the trail, Timber Island is accessible by a land bridge at low tide, but be mindful of the tides as you cannot return during high tide. The trail is open from sunrise to sunset for foot traffic only. Please stay on the designated trail as the remainder of the peninsula is preserved for wildlife habitat. No pets or bikes are allowed on the trail and all refuge regulations apply.

**Directions:** Take interstate 95 to Exit 32 (Biddeford). Turn left onto Alfred Street, continue onto West Street (~6 miles). Turn left onto Pool Street/Route 9 for 0.4 miles. Turn Right onto Granite Point Road. Follow the road to the end where there is a small parking lot.

From Route 9 east turn right onto Granite Point Road.

From Route 9 west, turn left onto Granite Point Road.

## Other Trail Systems

### WELLS RESERVE

*(7-miles)*

*342 Laudholm Farm Rd, Wells, ME*

The Wells Reserve offers hiking trails that go through a variety of habitats and offer many opportunities to view wildlife. They offer 7-miles of trails from easy to moderate. The trails are open year round for hiking, snowshoeing and cross-country skiing. In addition to hiking trails, the Wells Reserve offers a visitors center and small store. For more information contact the Wells Reserve at: (207) 646-1555 or <http://www.wellsreserve.org>



### EASTERN TRAIL

*177 Alewife Road, Kennebunk, ME*

The Eastern Trail (ET) is part of a 65-mile long recreation/transportation greenway connecting Casco Bay in South Portland to Portsmouth, NH. The trail is open year-round for hiking, snowshoeing, cross-country skiing, and biking. The trail is open for use, however, there are sections which follow public roads while trail construction is still underway. For more information visit: <http://www.easterntail.org/>

#### DIRECTIONS:

To access the Eastern Trail in Wells/Kennebunk, parking is at the Kennebunk Elementary School at 177 Alewife Road,



### KENNEBUNK LAND TRUST PRESERVES

*(2.5-miles) Alewife Woods Preserve*

*Cole Road, West Kennebunk, ME*

The Kennebunk Land Trust Preserves are open to the public year-round for recreational enjoyment. The Alewife Woods Preserve is approximately 626 acres of forested preserve featuring a 45-acre pond. There is a 2.5 mile moderate hiking trail that leads to the pond. Fishing and ice skating are also permitted on the preserve. For more information contact the Kennebunk Land Trust at: (207) 985-8734 or

<http://www.kennebunklandtrust.org>

#### DIRECTIONS:

Cole Road, Kennebunk. From I-95, take

Alfred Rd (west) 2.9 miles to Cole Road.

### BRIDLE PATH TRAIL

*(3.1-miles) Kennebunk, ME*

The Bridle Path trail is an easy 3.1 mile walking trail along the Mousam River. Some sections of the trail may be affected by high tides and become difficult to navigate. Most of the trail is universally accessible.

#### DIRECTIONS:

Parking is available at the Sea Road School (71 Sea Road) in Kennebunk or along Route 9 at the Mousam River bridge.

